

A MINUTE OF HEALTH WITH CDC

Keep the Blood Flowing

Avoidable Deaths from Heart Disease, Stroke, and Hypertensive Disease – United States, 2001-2010

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Cardiovascular disease accounts for more than 800,000 deaths each year in the U.S. Stroke, heart disease, and high blood pressure are the main causes of death and disability related to cardiovascular disease. Many of these deaths are preventable by following a few simple strategies. Use the "ABCS"—aspirin therapy when appropriate, blood pressure control, cholesterol management, and smoking cessation. In addition, eat a healthy diet that's low in fat and sodium and exercise regularly to improve your chances of living a long and healthy life.

Thank you for joining us on A Minute of Health with CDC.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.